

# GULF DEFENDER



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Tyndall Air Force Base, Fla. *Gulf Defender*

Oct. 18, 2002

## In brief

### Comptroller closed

The 325th Comptroller Squadron, including the financial services office and financial analysis office, will close at noon today.

For emergencies, call one of the following pagers 283-1400, 283-1465 or 283-1401.

### Halloween safety

The 325th Fighter Wing safety office will give away light sticks to parents of trick-or-treaters from 10 a.m. - 2 p.m. Thursday and Oct. 25 at the main exchange. Look in next week's *Gulf Defender* for an article on some Halloween safety precautions.

### MTI recruiters here

The Air Force Military Training Instructor Recruiting Team will brief people interested in becoming MTIs at 9 a.m. Tuesday in Building 662, Room 267. Spouses are highly encouraged to attend.

Senior airmen who commit to a second term through technical sergeants with less than 16 years total active service are eligible to apply. The team can expedite the special duty application packages in most cases.

## Inside



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Tech. Sgt. Dan Neely

## Booting up

**Airman 1st Class Matthew Hardy, a 1st Aircraft Maintenance Unit crew chief assigned to the 325th Aircraft Maintenance Squadron, dons a pair of overboots atop a 1st Fighter Squadron F-15C Eagle here recently. Crew chiefs use the coverings to protect aircraft surfaces during their wingtop maintenance work.**

# Raptor keepers await new name, new jet, new challenges

**MASTER SGT. ROB FULLER**

325th Fighter Wing public affairs

Marking a historical day for the U. S. Air Force and 325th Fighter Wing, the 43rd Fighter Squadron will be reactivated Oct. 25 as the first F/A-22 unit in the world. The ceremony officially ushers in a new era in fighter training at Tyndall, but for a select group, it finally gives them a name.

Right now, preparation is the name of the game for the first F/A-22 aircraft maintenance unit support section chief, and he's got his hands full.

"I've been assigned to the new fighter squadron, working on preparations for a little over a week now," Master Sgt. Barry Butcher said, "and there's still a steep learning curve for me, such as the acronyms associated with the F/A-22 program."

Although Sergeant Butcher continues to study and learn about terms and equipment associated with a new weapons system, he brings a couple of attributes to the unit that can't be transplanted ... understanding of how things are done at Tyndall and flexibility.

The former crew chief and transient alert NCO has been assigned to Tyndall since February 2000 with the 95th FS and brings his Tyndall-unique knowledge to the new squadron making the activation process a little easier. His flexibility comes from years of working on lots of airframes while assigned to transient alert.

"With TA, I saw different roles and went to schools for F-16s, F-4s and F-111s," Sergeant Butcher said. "I think it will be a lot easier (adjusting to a new weapons system) based on my TA background and dealing with several different airframes. I've worked on everything while with TA from A-10s to heavies."

While assigned to the 95th FS, Sergeant Butcher put in for the F/A-22 program, thinking it would be a great opportunity to get in on the "birth" of the program at Tyndall. This all took place in the fall of 2001 and he found out he was officially accepted into the program early in 2002.

"I was excited to find out I was selected, but in the same sense I thought, 'Well, what am I going to be doing?'" Sergeant Butcher said. As a new master sergeant, the steps were big from crew chief, then expeditor to the support section chief. Once upon a time, Sergeant Butcher's days were filled with turning F-15 Eagle sorties — today, he's building a nest for the Air Force's newest bird of prey, the Raptor.

●SEE RAPTOR PAGE 11

# Tyndall excels in AETC competition

**BRIG. GEN. LARRY NEW**  
325th Fighter Wing commander



I want to begin by recognizing superior performance by one of our Team Tyndall organizations. Congratulations to all the men and women of our 325th Maintenance Operations Squadron for winning the Air Education and Training Command's Maintenance Effectiveness Award.

While the award bears the name of the 325th Logistics Support Squadron, I can ensure you these are the same outstanding, dynamic folks who comprised LSS before the wing reorganization saw them stand up as the 325th MOS. Now they will move up to compete for Best in Air Force honors, and I'm confident they will be extremely competitive at that level as well.

There are a few noteworthy events on the horizon. Oct. 25 marks a historic day for Team Tyndall, as we stand up the Air Force's very first F/A-22 squadron. It's certainly a day many folks here and across our Air Force have been eagerly antici-



**"I would encourage the entire base to attend the 43rd Fighter Squadron assumption of command ceremony and congratulate Lt. Col. Jeff Harrigian as he takes the reins of the 43rd FS."**

**BRIG. GEN. LARRY NEW**  
325th Fighter Wing commander

pating — another major milestone toward establishing a new era of air dominance. I would encourage the entire base to attend the 43rd Fighter Squadron assumption of command ceremony and congratulate Lt. Col. Jeff Harrigian as he takes the reins of the 43rd FS. The event will take place at 3:43 p.m. Oct. 25 in Hangar 2. To see more about the 43rd FS, check out the unit standup story on Page 1.

When you get down to it, it's also not too early to be thinking about Halloween safety, as kids — and I'm sure some adults — are being fitted for their costumes. For the benefit of all our family housing residents, especially newcomers, Tyndall's

Halloween trick-or-treat hours will be 6-8 p.m. Oct. 31. I urge all parents of trick-or-treaters to keep their child's safety in mind.

Be sure costumes are made of flame-resistant material, and that they won't cause them to trip. If your child will be wearing a mask, make sure they can see well out of it. Also, please make sure your child's costume is visible to motorists at night. It doesn't cost much to purchase reflective tape for costumes, or a flash-light to be carried.

I also expect all our motorists to be on

●SEE HALLOWEEN PAGE 13

# Planning helps reduce stress when deployment ends

**LT. COL. TOM DEALL**  
Air Reserve Personnel Center public affairs

**DENVER (AFPN)** - Prior to a deployment, the Air Force wants to make the separation as easy as possible for the military family so the member can concentrate on his or her job while away from home.

Obtaining a power of attorney, setting up an allotment and ensuring family members are properly enrolled in the Defense Enrollment Eligibility Reporting System so they get benefits and entitlements are all designed to make the transition smoother. The process may seem time-consuming, but it gives servicemembers one last chance to settle all issues of concern for the well-being of their families and to afford them some peace of mind.

But what about when it's time to return home? What happens to people who have been away for 90 days or more?

Except for duty requirements, their ability to come and go has been relatively unrestricted. More importantly, they've had a respite from taxiing children to and from school, doing

chores and spending weekends going from one activity to another. For most of them, bills were also left behind as their spouse assumed those responsibilities.

For the spouse, the duties of holding down household demands went from a shared responsibility to one that occupies most of his or her time. One person takes on the roles of both parents, becoming chauffeur, cook, healer, tutor, referee and consoler.

Though assuming these new roles is difficult at first, both servicemember and spouse develop a routine and learn to manage alone. Of course, that's a temporary situation that demands attention when the deployment ends.

According to family support specialists, a lot of stress is associated with the end of a deployment and the return of the servicemember. For the military spouse who has learned to be independent and self-reliant, there is anxiety associated with having to welcome back a spouse, who, at times, can seem like a stranger in the home. The returning airman, on the other hand, may be living in a fantasy world, expecting

home life to be different.

Couples can rebuild their partnership by taking time to communicate. Talking brings them closer together and helps them to accept that the other person may be different in a number of ways, including how he or she reacts to the other partner.

When dealing with children, the returning airman must remember to avoid attempts at making up for lost time. He or she needs to make a concerted effort to spend quality time with each child.

Overall, it's important that servicemembers and spouses not go the transition alone. With specialists available at the base family support center, chaplain's office and life skills support center, families can seek help if and when needed. With help and planning, their reunion can be a celebration and not a stressful situation when the deployment is over.

More information on homecomings is available on the Air Force Community Website: [www.afcrossroads.com](http://www.afcrossroads.com).

(Courtesy of Air Force Reserve Command News Service)

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Editorial content is edited, prepared and provided by the 325th Fighter Wing public affairs office. Photographs are U.S. Air Force photos unless otherwise noted.

The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or emailed to [editor@tyndall.af.mil](mailto:editor@tyndall.af.mil). Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

## Action Line

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers. If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For fraud, waste and abuse calls, you should talk to the office of inspections, 283-4646. Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

*Larry D. New*

**BRIG. GEN. LARRY NEW**  
325th Fighter Wing commander

# Risk management helps motorcyclists arrive alive

**MASTER SGT. MICHAEL NEELY**  
325th Security Forces Squadron

Have you ever heard someone say, “You must be crazy to ride a motorcycle around here. It’s way too dangerous!”

In a way they’re right. There is a risk involved in operating a motorcycle. There’s also a risk involved in driving a car to the grocery store on a lazy Sunday afternoon. The trick is to manage those risks, and not to take “dumb” risks.

One of the main keys to managing risks is to know your limits as a rider, the limits of your machine, the limits of the environment, and above all by riding within those limits. Another key to managing risks is to take a motorcycle safety course, like the beginner rider course or the experienced riders course, and to keep those learned mental and physical skills sharp.

Many of these skills are lost in six months if they aren’t practiced routinely. Knowing good cornering and emergency braking techniques doesn’t help if we don’t practice them. Remember, superior riders don’t put themselves in situations requiring superior riding skills. They know taking dumb risks is just asking for trouble.

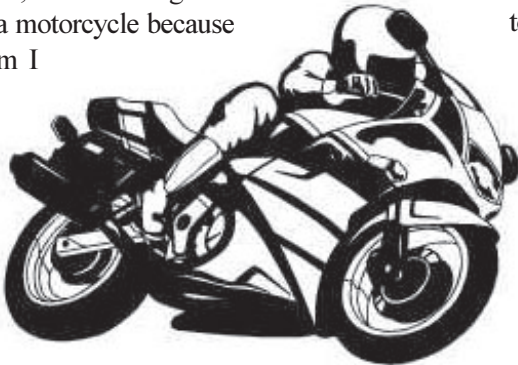
If we keep pushing our limits, we will eventually exceed them, and the consequences can be devastating — like the 21 related motor-

cycle accidents the Air Force has experienced this year. Regrettably, 20 of those were fatalities.

Part of the challenge of motorcycling is risk management, and the riding wouldn’t be very enjoyable if we had to wrap ourselves in protective safety equipment like a medieval knight. However, riding can be more fun if we don’t have to worry about the dangers we create for ourselves, such as being seen.

I personally ride a motorcycle because of the sheer freedom I experience on a motorcycle and the relaxation it provides for me after a stressful day at work. There’s nothing like the wind in my face, and coming across the Dupont Bridge when that giant orange sun is going down over the horizon.

My personal feeling is, like a lot of riders I know, I do not wish to wear an excessive amount of safety items just so I can be seen like a Christmas tree. However, being an active-duty military member means we took an oath to obey the orders and regulations of those appointed over us. If you’re a civilian working for the Department of Defense, you



must obey the policies of the installation commander and all traffic regulations. So, if it states in a DOD or Air Force instruction we must wear brightly colored clothing, than that’s what we must comply with.

I’ve heard some complaints from other riders about either selling their bikes or deregistering their bikes from base. Bottom line is, if you operate a motorcycle on or off base, you are still required to comply with AFI 91-207, *The US Air Force Traffic Safety Program*.

The security forces have been lenient in the past about enforcing these issues because AFI 91-207 states motorcycle riders must wear, “brightly colored or contrasting vest or jacket as an outer upper garment during the day and reflective during the night. Outer upper garment will be clearly visible and not covered.” The word “contrasting” in the above statement was not definitive enough and was open for interpretation depending on the individual. After all, isn’t the BDU top contrasting and considered a jacket?

Did you know motorcycles have a profile

that’s about one-third the size of a car? The small size of a motorcycle is the major problem when it comes to being seen, but there is a strategy a motorcyclist can use to improve their visibility. You guessed it, the wearing of bright colored clothing. That is why Tyndall’s security forces will start enforcing the following requirements, effective Tuesday:

- Operator and any passenger must wear impact resistant sunglasses, goggles or a full-face shield on their helmet.
- Brightly colored (red, orange, yellow, etc;) vest or jacket as an outer upper garment during the day and reflective during the night. Outer upper garment will be clearly visible and not covered. We are not saying everyone has to wear the orange hunter’s vest during the day, just a brightly colored upper outer garment.
- Long-sleeved shirts or jackets, full-fingered motorcycle gloves or mittens, and pants.
- Sturdy footwear, such as leather boots or over-the-ankle shoes, are strongly encouraged.

Please understand, it is not the goal of the 325th Fighter Wing’s safety office or security forces to discourage motorcycling. Many security forces members, to include myself, ride a motorcycle — even the chief of ground safety. The goal is to manage the risks we as motorcyclists take when we’re out there on the road with larger four-wheeled vehicles.

# AF announces Thrift Savings Plan open season

**RANDOLPH AIR FORCE BASE, Texas (AFPN)** — Civilian and military employees can sign up for or change current Thrift Savings Plan accounts during the “open season” from Oct. 15 to Dec. 31.

“TSP is an easy, long-term retirement savings plan that everyone should consider,” said Maj. Alessandra Stokstad, chief of the contact center at the Air Force Personnel Center. “Current account holders might be interested, too, in transferring money from one fund to another. The TSP folks are set up to handle that.

“Either way, it’s a great supplement to military and civilian retirement plans,” said Major Stokstad. “It’s important to note that TSP is not limited to investing in stocks. People can choose safer government securities as well.”

“Employees already contributing to the TSP are encouraged to review their TSP plan and account balances,” said Janet Thomas of the center’s civilian benefits and entitlements service team, “as the open season period is the best time to open an account or make changes to an existing one.”

The TSP offers investors the chance for lower taxes each year they contribute while not having to pay taxes on earnings until they reach retirement.

“You can take out loans and make withdrawals from your TSP account,” said Ms. Thomas. “And you can keep your account even if you leave military or federal service.”

Investment money is deposited directly from each paycheck “so you never have to think about it,” said Major Stokstad. “That makes it easy to ‘pay yourself first’ while only investing what you deem appropriate.”

The five TSP funds are: the Government Securities Investment (G) Fund, the Common Stock Index Investment (C) Fund, the Fixed Income Index Investment (F) Fund, the Small Capitalization Stock Index Investment (S) Fund and the International Stock Index Investment (I) Fund.

“As with any individual retirement account, the sooner you begin contributing, the better,” Major Stokstad said.

Account changes made on or before Nov. 30 will take effect Dec. 1 for both military and civilian personnel. Changes made after Dec. 1 will become effective in the following pay period for civilians and the following month for military.

Some of the specifics of the program for servicemembers include:

— Beginning in December, military members can contribute up to 8 percent of their base pay. Airmen can also invest all or part of their bonuses or special pay. But their total yearly tax-deferred investment cannot exceed \$12,000.

— Those serving in tax-free combat zones are allowed up to \$40,000 in annual contributions.

— Military members can enroll through the Defense Finance and Accounting Service Web site at [www.dfas.mil/emss/](http://www.dfas.mil/emss/). They can also enroll by filling out a form TSP-U-1 at local military personnel flights, finance offices and family support centers.

— Contribution allocations, how an employee chooses to invest money among the five funds, can be made by calling the TSP automated ThriftLine at (504) 255-8777 or on the TSP Web site at [www.tsp.gov/](http://www.tsp.gov/). For general TSP questions, call the AFPC contact center at DSN 665-5000 or commercial (866) 229-7074, or go to [www.afpc.randolph.af.mil/mpf/TSP/thrift\\_savings\\_plan.htm](http://www.afpc.randolph.af.mil/mpf/TSP/thrift_savings_plan.htm)

[thrift\\_savings\\_plan.htm](http://www.tsp.gov/)

Specifics of the program for civilians include:

— Contribution limits are based on the employee’s retirement system. For the current open season, the following contribution rates apply:

Federal Employees’ Retirement System employees may contribute up to 13 percent of basic pay each pay period. Once eligible, the government provides matching funds of up to 4 percent as well as an automatic 1 percent each pay period whether the employee contributes or not, making the government’s contribution 5 percent.

Employees covered by the Civil Service Retirement System may contribute up to 8 percent of basic pay, but do not receive any matching contributions.

— Specific information is available for civilian employees from the Thrift Savings Web site at [www.tsp.gov/](http://www.tsp.gov/), or the BEST Web site at [www.afpc.randolph.af.mil/dpc/BEST/menu.htm](http://www.afpc.randolph.af.mil/dpc/BEST/menu.htm).

— All Air Force civilian employees must make their TSP contribution elections, the amount an employee wants to contribute from his or her basic pay, or changes through the BEST automated phone system at (800) 997-2378, or commercial 527-2378 in San Antonio.

Hearing-impaired employees may contact BEST by calling TDD (800) 382-0893 or commercial 565-2276.

— Contribution allocations are made by calling the TSP automated ThriftLine at (504) 255-8777 or on the TSP Web site at [www.tsp.gov/](http://www.tsp.gov/).

There's only one way  
to come out ahead  
of the pack.

QUIT

 American Heart  
Association  
WE'RE FIGHTING FOR  
YOUR LIFE

# Officials announce end of FEHBP demonstration

The Department of Defense Federal Employees Health Benefits Program Demonstration Project ends Dec. 31. Beginning Jan. 1, FEHBP Demonstration Project beneficiaries will resume health-care coverage with TRICARE.

The FEHBP Demonstration Project was mandated by Congress for three years and was jointly sponsored by the DOD and the Office of Personnel Management. The demonstration project was implemented Jan. 1, 2000, and was among several DOD demonstration projects targeted to improving health-care options for Medicare-eligible beneficiaries. The FEHBP Demonstration Project was available in 10 demonstration sites within the United States and Puerto Rico.

TRICARE options for beneficiaries enrolled in the FEHBP demonstration project will vary according to their beneficiary category. FEHBP Demonstration Project beneficiaries who are age 65 and over, Medicare eligible and enrolled in Medicare Part B may begin to use TRICARE For Life, the DOD's wraparound Medicare coverage, immediately when the demonstration ends.

Beneficiaries who are age 65 and over and Medicare eligible but who are not enrolled in Medicare Part B may pur-

chase Medicare Part B during a special enrollment period that will be announced at a later date. This special enrollment period will allow these beneficiaries to become eligible for TRICARE for Life benefits on Jan. 1, 2003. A premium surcharge may be imposed on beneficiaries who declined enrollment in Medicare Part B when they first became Medicare eligible.

Health-care options for beneficiaries who are not Medicare eligible may include TRICARE Prime, TRICARE Extra and TRICARE Standard. Beneficiaries who are under age 65 and are Medicare eligible due to a disability or end-stage renal disease must be enrolled in Medicare Part B in

order to be eligible for TRICARE Prime, TRICARE Extra or TRICARE Standard.

Under TRICARE Prime, beneficiaries may enroll with a primary care manager at a military treatment facility or within an established network of civilian providers. Retirees and their families may enroll in TRICARE Prime. Costs for TRICARE Prime include annual enrollment fees (\$230 per individual or \$460 per family) and minimal co-payments for care received in the civilian network. TRICARE Prime may not be available in all locations.

TRICARE Extra is a preferred provider option that allows

●SEE TRICARE PAGE 15



Captain Harding is presented the Checkertail Salute Warrior of the Week award by Col. Mark Barrett, 325th Operations Group commander.

The Checkertail Clan salutes Captain Harding for orchestrating a successful fiscal year closeout that resulted in obligation of more than \$12 million in the final months of the 2002 financial program execution

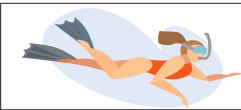
## Checkertail Salute

Capt. Craig Harding

<b>Duty title:</b> Financial analysis flight commander	strategy
<b>Unit:</b> 325th Comptroller Squadron	<b>Favorite thing about Tyndall:</b> Family atmosphere
<b>Time on station:</b> 10 months	<b>Pet peeves:</b> People who state "It's not my job."
<b>Time in service:</b> 8 years	<b>Favorite book:</b> "War As I Knew It" by George Patton
<b>Hometown:</b> Tomball, Texas	<b>Favorite movie:</b> "12 O'clock High"
<b>Hobbies:</b> Golf, woodworking and history	
<b>Goals:</b> Obtain a doctorate in national security	

toward unfunded requirements.

The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall's Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.



Every member of Team Tyndall is valuable. Play it safe, don't become a statistic.



Tech. Sgt. Dan Neely

### Can-do spirit

Tech. Sgt. Derrick Moore, 325th Fighter Wing Manpower/Organization office, holds a collection jug while Grayson Moore adds beverage can pop tops. In a program Sergeant Moore launched in June, Tyndall Elementary School students collected the pop tops to ultimately benefit cancer patients through the Ronald McDonald House in Pensacola. To date, Grayson leads the way, having collected more than 20,000 pop tops. Each full jug is redeemed for \$1,500 worth of cancer treatments for patients at Pensacola's Sacred Heart Hospital. Since July, Tyndall elementary students have netted \$9,000 for the charity.

### Just the facts

*If you are read your rights and asked to answer just a couple of questions, remember anything you say can and will be used against you. You have the absolute right to remain silent, and the Area Defense Counsel advises that military members take full advantage of their Article 31 rights and choose to say nothing at all. For more information, contact the ADC at 283-2911.*

# President Bush: Resolution shows nation speaks with one voice

JIM GARAMONE  
American Forces Press Service

WASHINGTON — President Bush recently praised Congress for passing a resolution giving him the authority to deal with Iraq.

“The Congress has spoken clearly to the international community and the United Nations Security Council,” President Bush said in a statement. “Saddam Hussein and his outlaw regime pose a grave threat to the region, the world and the United States. Inaction is not an option, disarmament is a must.”

President Bush lauded both houses for the bipartisan support of the resolution. “I commend members of the Senate for the strong bipartisan vote authorizing the use of force, if necessary,” he said in the state-

ment. “The Senate, like the House, conducted this important debate and vote in the finest traditions of our democracy.”

He said this resolution shows enemies that the United States speaks with one voice when its security is threatened.

The resolution authorizes the president to use force against Saddam Hussein’s regime to bring it into compliance with all U.N. Security Council resolutions.

The Congressional resolution urges the president to work with the United Nations to resolve the Iraqi problem. It specifically calls on the president “to strictly enforce through the United Nations Security Council all relevant Security Council resolutions regarding Iraq. ...”

The document encourages President Bush to “obtain prompt and decisive action by the Security Council to ensure that Iraq abandons its strategy of delay, evasion and noncompliance and promptly and strictly complies with all relevant Security Council resolutions. ...”

The resolution also calls on the president to report to House and Senate leaders within 48 hours if he determines that “reliance by the United States on further diplomatic or other peaceful means alone either ... will not adequately protect the national security of the United States against the continuing threat posed by Iraq or ... is not likely to lead to enforcement of all relevant United Nations Security Council resolutions regarding Iraq.”

# Iraqis continue strikes on coalition aircraft

LINDA KOZARYN  
American Forces Press Service

WASHINGTON — Iraqi forces have fired on U.S. and coalition aircraft 122 times since Sept. 16, when Saddam Hussein sent a letter to the United Nations inviting weapons inspectors back into Iraq.

“Of those 122 firings, 33 were against aircraft flying in Operation Northern Watch and 89 were against Operation Southern Watch coalition aircraft,” Rear Adm. David Gove, the Joint Staff’s deputy director for global operations, said.

Over the past three years, Admiral Gove said, the overall numbers have been “about consistent.” “There’s been a remarkable number since Sept. 16 in terms of near continuous engagements in the northern and southern no-fly zones.”

Coalition aircraft respond to the attacks against the shooters, the launch facility, he added, as well as against the integrated air defense system that supports the targeting of coalition aircraft. “We’ve been very open about (the fact) that we’re going to go after the infrastructure and help degrade the capability that targets coalition aircraft whenever they’re fired on,” Admiral Gove said.

Early Oct. 11, he said, Iraqi forces fired upon coalition aircraft, and the Joint Task Force Southwest Asia commander coordinated a response. “This was a relatively immediate response,” Admiral Gove said.

The admiral showed gun camera footage of coalition responses to Iraqi firings this week at a Pentagon news briefing Friday. The first showed an F-16 dropping on a surface-to-air missile launcher. Another showed coali-

●SEE ATTACK PAGE 11

Caption contest



Submit an entry for this month's Safety Caption Contest and win a free lunch from the 325th Services Squadron. Send your caption to 2nd Lt. Brian Smart at 283-4231 or e-mail the safety office.

Last month's winner

Tire replacement:  
\$500  
Frame restoration:  
\$7,000  
To be a fly on the wall when he has to brief his boss:  
PRICELESS



TECH. SGT. DERRICK MOORE  
325th Fighter Wing

Reservists have right to keep civilian jobs while on active duty

KENNY PRUITT  
Air Force Reserve Command public affairs

ROBINS AIR FORCE BASE, Ga. (AFPN) — Reservists called to active duty in support of America's war on terrorism want and deserve assurance that they can return to their civilian job.

To help them, Congress passed the Uniformed Services Employment and Re-employment Rights Act in 1994 to keep reservists out of the unemployment line after their military service commitment ends.

Prompted by the Gulf War as a replacement to the aging Veterans' Re-employment Rights Law, USERRA minimizes the problems that may occur when people are called away from their civilian jobs.

At one point during the war on terrorism, more than 14,000 Air Force Reserve members were mobilized. By early October 2002, that number dropped to 4,800 as reservists demobilized and returned home.

"The 1940 re-employment rights law had been amended so many times that it was confusing and cumbersome," said Capt. Samuel F. Wright of the Naval Reserve Judge Advocate General's Corps. "Instead of coming up with 10 or 15 amendments, we decided to rewrite it."

With clearer wording and reduced

red tape, USERRA addresses a number of issues, ranging from the reservists' responsibility to notify their employers to expanded re-employment rights for employees.

USERRA increases the antidiscrimination protection for reservists in hiring, retention and advancement on the basis of their military obligation. Furthermore, employers must make reasonable efforts to retrain or upgrade skills to qualify workers for re-employment following lengthy absences because of military obligation.

"If an employee can't get his or her exact job back, the employer should provide one with like pay and status," said Army National Guardsman Lt. Col. Jess Soto from the Employer Support of the Guard and Reserve's national headquarters in Arlington, Va. "If employers cannot provide like pay and status, they must prove an undue hardship."

In addition, the law expands health care and employee benefit pension plan coverage. It also improves protection for disabled veterans and strengthens enforcement mechanisms for servicemembers who believe their re-employment rights have been violated.

Among the act's most important provisions is the one that expands the length of time that a reservist can be

away from civilian employment. With USERRA, an employee can perform duty up to a total of five cumulative years while employed by that employer and still retain his or her re-employment rights. Under the old law, the limit was four years.

Both laws permitted reservists to begin a fresh five-year/four-year limit upon starting a job with a new employer.

Captain Wright said there are many kinds of duty that do not count against the five-year limit, such as unit training assemblies and involuntary deployments. As a result, Capt. Wright said, "The majority of reservists never get close to reaching the five-year limit."

What does count toward the five-year limit is special training that is not categorized as professional development and volunteer duty assignments for noncritical requirements.

Educating reservists about the USSERA law is one of the roles of the ESGR headquarters, which was created in 1972 to keep conflicts between civilian employment and military duties to a minimum.

At the local level, each wing under the Air Force Reserve Command is expected to appoint a unit ESGR representative, who works with a local

●SEE RESERVE PAGE 15

# Cyber warriors protect Air Force computer network

STAFF SGT. C. TODD LOPEZ

Air Force Print News

**WASHINGTON** — Air Force computer systems around the globe are kept safe from viruses and unauthorized users by a dedicated group of computer network defenders.

Because the Air Force computer network is a weapons system and is under constant attack by viruses and illegal entry attempts by adversaries, defending that weapons system has become an ongoing war, said the director of operations for the 33rd Information Operations Squadron, home of the Air Force Computer Emergency Response Team at Lackland Air Force Base, Texas.

“We believe we are on the front lines of the cyber war every day,” said Lt. Col. Rob Kaufman. “Our crews are well-trained, motivated and committed to stopping network intrusions and viruses.”

AFCERT has strong allies in its fight to protect the global Air Force computer network, he said.

“In this fight, we are not alone,” Colonel Kaufman said. “Fellow computer network defenders at major command network operations and security centers and base-level network control centers are in the fight with us. Together we are able to fight off malicious hackers that range from the nuisance ‘script kiddies’ to the professional hackers.”

Colonel Kaufman and other cyber warriors use an



Graphic illustration by Tech. Sgt. Dan Neely

**“Three years ago, we had close to 10,000 Air Force computers that were compromised with viruses. That was about the time the Melissa virus came out. It was a very bad situation. In 2001, we had fewer than 700 Air Force computers compromised by viruses and the number is down even more in 2002.”**

LT. COL. ROB KAUFMAN

33rd Information Operations Squadron director of operations

arsenal of software and hardware to defend the Air Force computer network.

“We have a sensor out there at every single one of our bases and even some non-Air Force bases,” Colonel Kaufman said. “That is our primary defensive mechanism.”

Computer experts at Lackland’s Air Force Information Warfare Center developed the current sensor platform, which has been acknowledged as a “one-of-a-kind” capability second to none. The sensors scan network traffic for virus signatures — telltale strings of ones and zeros that indicate the presence of malicious logic. When they find such a string, AFCERT moves quickly to let everybody

know about it.

“What we will do is put out advisories to the field so they will understand what an exploit or vulnerability can do to a computer and what mitigating steps they can take to protect themselves,” Colonel Kaufman said. “If the threat is very bad and we think it is a system-wide type of threat, we will release a time compliance network order, which directs field units on what steps to take to protect themselves.”

AFCERT monitors the network traffic for some 500,000 Air Force computers, he said. Those machines generate around 10 billion network events each year, including e-mail messages, Web page views, telnet sessions and other network traffic. That opportunity allows AFCERT to be the first to come in contact with a lot of potential viruses.

“We can actually get viruses ‘in the wild,’ tear them down and see what they do,” Colonel Kaufman said. “We reverse-engineer the viruses and, based on what we see in those viruses, we are able to build alert strings for our sensor so we can get an indication or warning when a new virus comes out. It also allows us to develop countermeasures for those viruses.”

In addition, countermeasure engineers at the Air Force Information Warfare Center help develop more robust and long-term solutions against the emerging threats, he said.

Those countermeasures and alert strings are not just sent to local bases. Sometimes they are sent to commercial anti-virus software developers so they

can be added to the global database of computer viruses. In this way, Colonel Kaufman said, results of AFCERT’s work reach beyond the Air Force. “There is a community of interest out there that will feed information to commercial vendors, and we have specifically fed them information that they have not seen elsewhere,” he said. “We have identified technical threats and have passed them off to commercial vendors so they can protect the nation.”

Although more than 100 individuals at AFCERT work in conjunction with major command NOSCs, base-level NCC personnel, the Air Force Information Warfare Center, and the Air Force Office of Special Investigations to secure Air Force computer systems worldwide, Colonel Kaufman said the computer user is still the key to network defense.

“Air Force computer users can help by using strong passwords and by ensuring their anti-virus software is current on both their

work machines and home machines,” Colonel Kaufman said. “They should only open attachments they are expecting and ensure new systems are properly configured and patched to the latest revision levels.”

AFCERT’s efforts to defend the Air Force network are proving successful, he added.

“Three years ago, we had close to 10,000 Air Force computers that were compromised with viruses. That was about the time the Melissa virus came out. It was a very bad situation,” Colonel Kaufman said. “In 2001, we had fewer than 700 Air Force computers compromised by viruses and the number is down even more in 2002.”

Colonel Kaufman said he believes AFCERT is ready to handle future threats as well.

“Like fighting an air war, the cyber environment is extremely dynamic,” he said. “It is changing constantly as technology improves and new vulnerabilities and tactics are discovered.”

Air Force communications, intelligence and engineering professionals understand the dynamic nature of the network, and Colonel Kaufman said he believes they are equipped to deal with whatever comes along.

“We are trained to do the in-depth analysis, event correlation, incident response and countermeasure development necessary to secure our networks,” he said. “Every hour of every day, we Air Force network defenders are standing watch.”

# Vaccination programs in full swing

## Senior leaders expand Air Force anthrax vaccination program

STAFF SGT. C. TODD LOPEZ  
Air Force Print News

**WASHINGTON** — Air Force senior leaders recently approved expansion of the Anthrax Vaccine Immunization Program within the service, meaning more servicemembers will be asked to roll up their sleeves in the near future.

The Air Force Anthrax Vaccine Implementation Plan was distributed to commanders Oct. 11, said Maj. Linda Bonnel of the Air Force Medical Operations Agency.

“Installations are to implement the Air Force plan immediately and expand anthrax vaccination to include Priority II personnel,” Major Bonnel said.

Priority II personnel are military members, emergency-essential Department of Defense civilians and specified contractors assigned or deployed to designated higher-threat areas for more than 15 consecutive days, Major Bonnel said. Priority I personnel, who recently began receiving the vaccine, include those in designated special mission units and anthrax vaccine manufacturing and DOD research personnel.

Higher-threat areas include countries primarily in Southwest Asia, the major said.

Individuals who fall within the Priority II description will be notified of their need for the anthrax vaccine, Major Bonnel said. The public health office at each installation will maintain a complete list of the most current higher-threat areas and will ensure troops receive all required force health-protection measures prior to deployment.

“The health and safety of our troops is our No. 1 concern,” Major Bonnel said. “Vaccination offers a layer of protection — in



File photo

**Many Air Force members will soon be seeing the business end of an immunization needle as the service's anthrax vaccine program expands.**

addition to antibiotics and other measures — that is needed for certain members of the armed forces.”

The Food and Drug Administration has determined that the current anthrax vaccine is safe and effective in protecting against all forms of anthrax infection, a scientific conclusion that was recently supported by the Institute of Medicine, Major Bonnel said.

The FDA-licensed schedule for the anthrax vaccine calls for doses at intervals of two and four weeks after the initial dose, followed by doses at the six, 12 and 18 month points, plus annual boosters. Individuals who had previously started the anthrax vaccine series will pick

up with the next dose due, Major Bonnel said.

The AVIP was first started in 1998, primarily for those personnel assigned or deployed to Southwest Asia and Korea. Since that time, the program has undergone a number of changes. Most recently, administration of the vaccine has been restricted to a relatively small number of personnel as part of a slowdown due to production and supply issues. Since these issues have been resolved, the program is being reintroduced per recent DOD policy.

For more information about the anthrax vaccine, check the official DOD Web site at [www.anthrax.mil](http://www.anthrax.mil).

## Flu season nears, vaccines offered

The 325th Medical Group is now providing the influenza vaccine at the immunization clinic located in the main lobby of the 325th Medical Group.

The vaccine is available from 7:30 - 11:30 a.m. and 1 - 4 p.m. A military ID card is required.

Influenza is caused by a virus that spreads through close personal contact. Most people are ill with the flu for only a few days, but some get much sicker and may need to be hospitalized.

Flu symptoms may include fever, cough, sore throat, headache, chills and muscle aches. Annual vaccination is important because influenza viruses change frequently; and therefore, the vaccine is updated each year.

The viruses in the vaccine have been killed, so you cannot get the flu from the vaccine. Some people who get the flu vaccine may still get the flu, but they will usually get a milder case than those who did not get the vaccine. Protection develops about two weeks after getting the vaccine and may last up to a year.

The following guidelines are now in effect for giving the flu vaccine:

### Priority 1 (effective now)

- a. Any active-duty member deploying to a high-threat area
- b. Anyone 65 years or older
- c. Anyone who is 64 years or younger with a high-risk medical condition and a doctor's order. High-risk medical conditions include, but are not limited to, disorders of pulmonary or cardiovascular systems, metabolic diseases such as diabetes, kidney problems, suppressed immune systems, children/teenagers on long-term aspirin therapy, and pregnant women who will be 13 weeks gestation during influenza season.

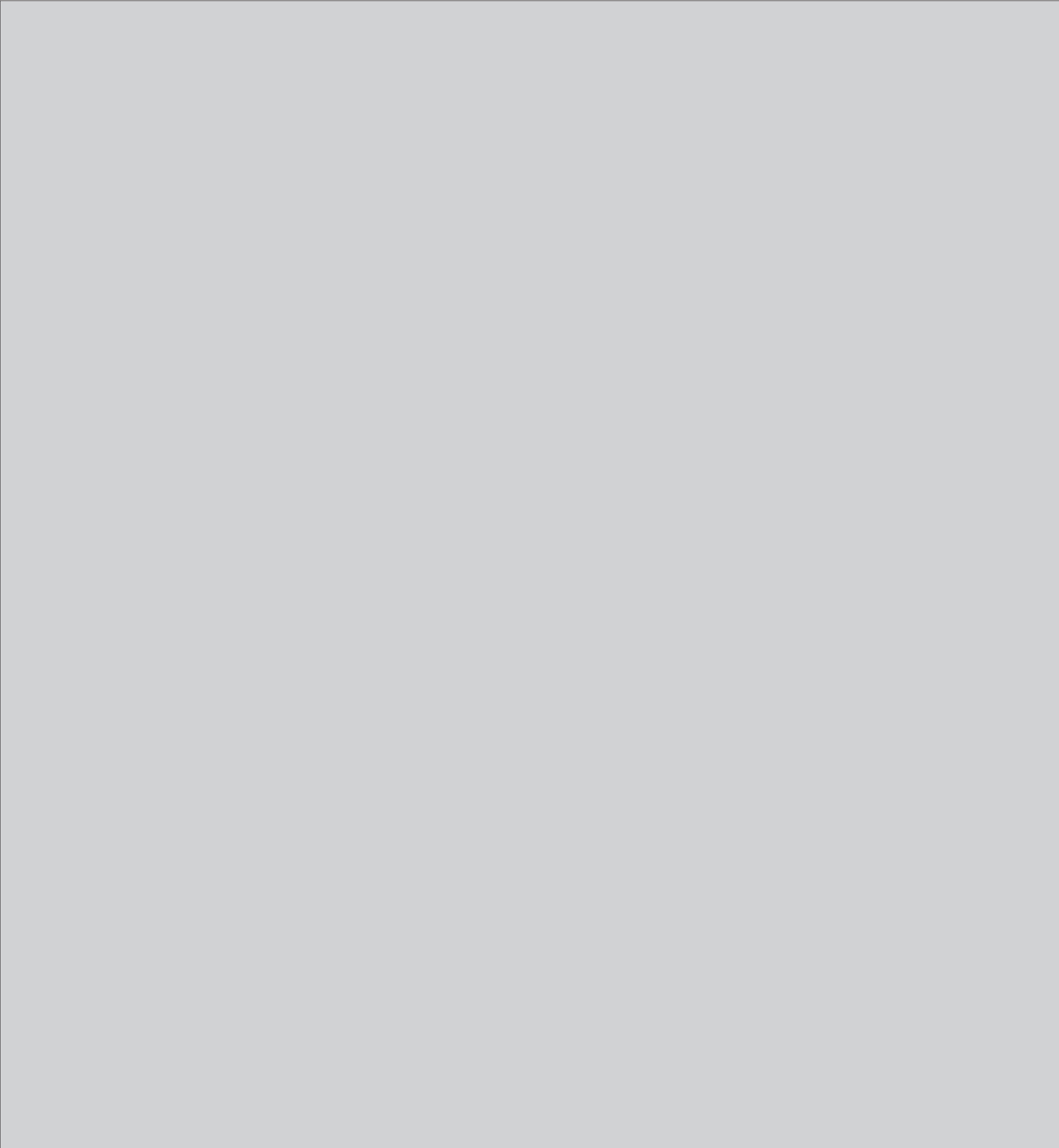
**Priority 2 (effective Monday):** Health-care workers in direct patient care

**Priority 3 (effective Nov. 12):** Active-duty personnel

**Priority 4 (effective Jan. 2, 2003):** All other patients as supplies permit

For further questions, please contact the Immunization Clinic at 283-7570.

(Courtesy 325th Medical Group)



●FROM RAPTOR PAGE 1

For others assigned to the newly forming unit, Tyndall is the only thing new; the Raptor is an old familiar friend.

Staff Sgt. Michael Graves has been in the Air Force since 1994 and although most maintainers at Tyndall selected to work on the Raptor have never touched an F/A-22, he's been involved in the program for several years.

Sergeant Graves found himself maintaining F-16s at Edwards Air Force Base, Calif., in late 1997, and couldn't resist the opportunity to apply for the F-22 program when the chance presented itself.

"I was a senior airman when I put my package in to work the F-22 program," said the avionics/electro-environmental technician. "I went through the board, was selected and was very quickly moved to working the jet."

Sergeant Graves was reassigned to Tyndall in July 2002 from the Combined Test Force at Edwards and has worked in the F/A-22 Integration Office handling aircraft beddown

issues. His expertise in the program comes from his experience with F-16 avionics.

This jet is a lot closer in design to an F-16 than an F-15 in respect to its avionics suite, according to Sergeant Graves. "F-16 avionics specialists, like myself, are a lot more in tune with what it's capable of and how it operates," he said. "The F-16 similar design features are primarily in the display, the side-stick and digital flight controls."

Sergeant Graves has a special connection with the F/A-22 since he's been with the program for a while. "I've now worked longer on the F/A-22 than I did on F-16s. So this is my jet," Sergeant Graves said.

The maintainers may own the jet and the pilots fly them, but without parts and tools to fix the jets, and pens and paper to run a squadron, flying might be difficult.

Supply is integral to preparations as the wing readies for tail number 4018 to touch down here, and no one feels this more than Staff Sgt. Johnny Cochran.

The 12-year supply veteran also joined the F/A-22 team in 1997 at Edwards and

has worked with the CTF until reassignment here this year.

Perspective is everything, no matter the career field. Most aircraft maintenance unit supply specialists contact the base supply squadron when a part or some other item is needed; sounds simple right? Where do you go when there are no off-the-shelf parts for a new weapon system?

"You order straight from the contractor instead of base supply in this program," Sergeant Cochran said. "Because we work closely with all F/A-22 contractors at Edwards, we have access to the companies. For instance, if you need a part from Boeing you call their supply system. Each system of the airplane is different, so you have to determine where that part came from and then call the builder for an order."

These three points of view represent Tyndall and CTF working together to form a new unit and making history. But there's more to come, help for this small advance team is on the way. According

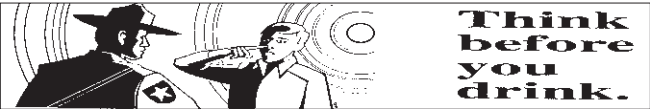
to program officials, select maintainers from all three F-15 aircraft maintenance units here will move to the F/A-22 unit as the first aircraft arrival draws closer.

"Tentatively we'll start getting the new folks spun up in April of 2003," Sergeant Butcher said. "There'll be a few more people coming from Edwards, but primarily the bulk will come from here at Tyndall."

Initial training for these new Raptor keepers will be conducted either here or at Nellis Air Force Base, Nev., according to the scheduled plan.

"The good part is that we are scheduled to receive only one jet per month, which will give us time to accomplish the training needed," Sergeant Graves said.

With each milestone, the Raptor arrival grows closer. The Air Force has identified the pilots to fly them and the right people to fix them. A squadron stands ready to be born and their facilities are beginning to open; all that's missing now is the guest of honor.



●FROM ATTACK PAGE 6

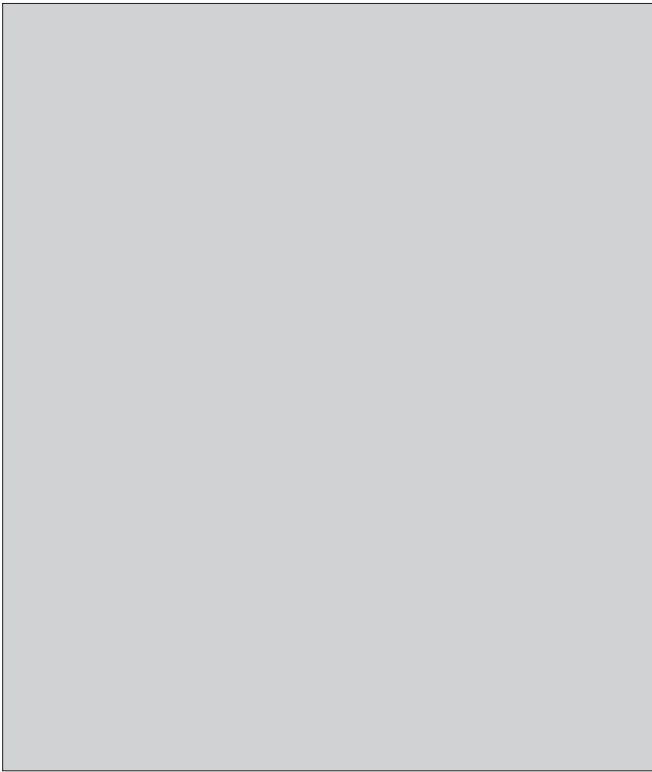
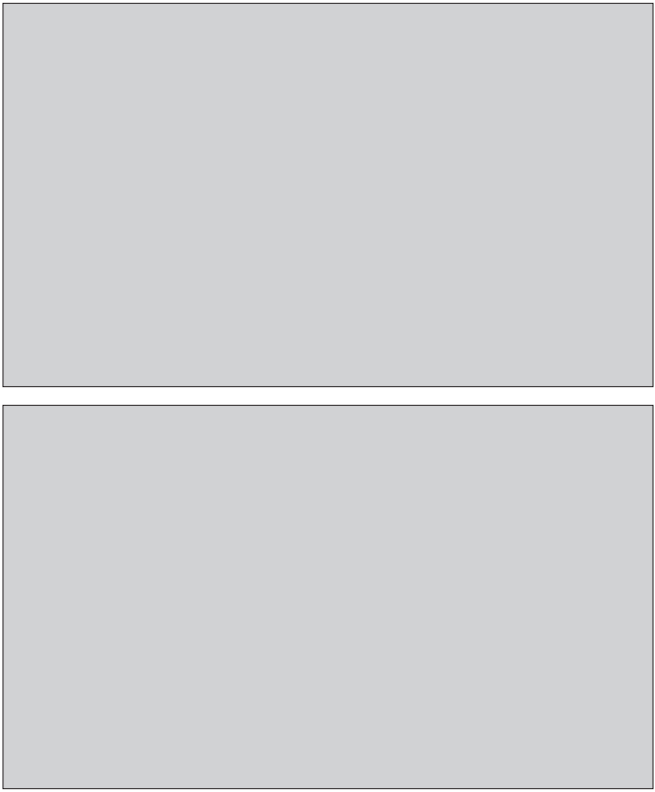
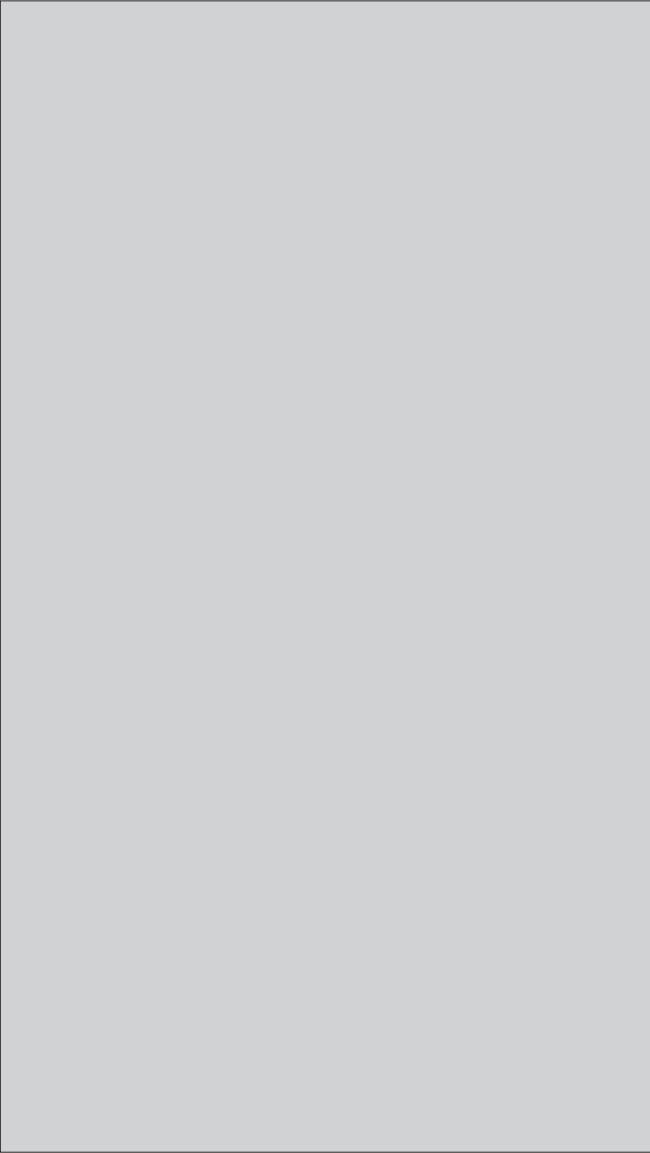
tion aircraft dropping ordnance on a mobile air defense radar near al Basra.

Pentagon spokeswoman Torie Clarke noted that some reports out of Baghdad suggested that the coalition aircraft targeted buildings rather than the radar. "This could not be further from the truth," she said. "(The building) was at least 600 feet away."

Admiral Gove also reported that U.S. forces in Afghanistan continue to recover weapons. On Wednesday, a Special Forces team operating southwest of Bagram discovered a weapons cache with more than a thousand pieces of unexploded ordnance, including

rocket-propelled grenades, 82 mm high-explosive recoilless rifle rockets, 57 mm rockets, 120 mm high-explosive mortars, 107 mm artillery projectiles and M-60 rifle grenades.

Other U.S. forces operating near Kandahar last week found a cache of a thousand 82mm mortar rounds and 300 multiple rocket launcher rounds. Other servicemembers recovered three truckloads of anti-aircraft machine gun ammo on Thursday at a site in the south central part of the country. They also recovered a weapons cache of 15 SA-7s and three rocket-propelled grenades near Afghanistan's northwestern border with Turkmenistan.



Your link  
to what's going on

Gulf

Guide

in the  
Tyndall community

OCTOBER

FRI

18

**Top 3 meeting**

A Tyndall Top 3 meeting and membership drive is 3:30 p.m. today at Bonita Bay. All senior NCOs and senior NCO selects assigned to Tyndall are invited to attend. For more information, call Senior Master Sgt. Michael Burson, 283-3442.

SUN

20

**Chapel religious education**

The Tyndall Chapel offers religious education 9:30-10:30 a.m. Sundays for Protestants and 11 a.m.-noon Sundays for Catholics. Both sessions will be held at the spiritual fitness building. For more information, call 283-2925.

MON

21

**Fire hydrant flushing**

The 325th Civil Engineer Squadron will be flushing fire hydrants on the Tyndall flightline and main base 7:30 a.m.-3:30 p.m. Monday-Oct. 25. Occupants may experience discolored water during this period and for several days afterwards. For more information, call the civil engineer customer service office, 283-4949.

**Bible study**

The final “More About Jesus” Bible study session will be 7 p.m. Monday in the Chapel 2 annex. For more information, call the chaplain’s office, 283-2925.

**Anger-control workshop**

The four-session anger-control workshop will continue 3-4:30 p.m. Monday, Oct. 28 and Nov. 4 in the family advocacy conference room. For more information, call 283-7272.

TUE

22

**Children’s weight class**

The health and wellness center’s sensible weight class for children meets 3:30-4:30 p.m. every Tuesday in Room 111. For more information, call the health and wellness center, 283-3826.

**First aid training**

The American Red Cross will provide classes in cardiopulmonary resuscitation, first aid and AED training every fourth Tuesday and Wednesday of each month at Tyndall. For more information and to register, call the Red

Cross, 763-6587.

NOTES

**Flightline barbershop hours**

The flightline barbershop is open 7:30 a.m.-4 p.m. Monday-Friday and is closed Saturdays and Sundays. Walk-ins are welcome, or to make an appointment, call 283-4917.

**Estate claims**

Anyone having claims against or indebtness to the estate of Senior Airman Shenese Bouges, 325th Services Squadron, should contact 2nd Lt. Brian Matchik, summary court officer, at 283-4411.

**Licensed skydivers needed**

A search is underway for current, licensed skydivers with their own gear interested in joining a team to represent Tyndall Air Force Base for the U.S. Army Parachute Team Black and Gold Meet to be held Nov. 8-11 in Raeford, N.C. For more information, call Capt. Lori Katowich, 283-3404, or e-mail [lori.katowich@tyndall.af.mil](mailto:lori.katowich@tyndall.af.mil).

**Hospital closes early**

The 325th Medical Group will close at noon the first Thursday of each month starting in November. All hospital agencies, including all clinics and the main and satellite pharmacy, will close due to mandatory training. The medical group apologizes for any inconvenience this may cause.

**40th Bay Annual Art Exhibit**

The 40th Bay Annual Art Exhibit will return to the Visual Arts Center of Northwest Florida today-Nov. 23. The show spotlights art by local artists who utilize a variety of mediums and formats. The reception starts 7-9 p.m. today for anyone wishing to join the artists and other patrons for live entertainment, refreshments and art. For information, call the Visual Arts Center, 769-4451.

**Nature’s gallery festival**

A Nature’s Gallery Festival will be Oct. 26-27 in St. Andrews State Park. Tyndall will be bringing their fire safety house and ambulance service and volunteers from natural resources will be leading activities for children through Project Wild. Native American story telling, civil war re-enactments, string bands, environmental exhibits, art displays and activity booths will be included. Tent displays will feature student science and history fair projects along with exhibits designed by the Big Bend Wildlife Sanctuary.

Park admission is free. Visitors may park at the jetties or the gulf pier at the park entrance, where free shuttle buses will take passengers into the campground, or park at Captain Anderson’s restaurant to take the shuttle boat ride across Grand Lagoon. A \$2 donation for ages 7 and up is suggested, but not required, for the round trip water adventure. A food court, wheelchair-accessible picnic tables and art vendors will also be available.

**Disaster preparedness**

The Air Force Personnel Readiness Center is available to provide assistance and guidance when installations are affected by natural disasters such as hurricanes. For more information, call the PRC, (800) 435-9941, or use Tyndall’s toll-free contingency number, (877) 529-5540.

RETIREE NEWS

**Medicare-endorsed drug cards**

The Centers for Medicare and Medicaid Services issued the final regulation for drug discount cards endorsed by Medicare that will help people who are covered by Medicare buy their prescription drugs at lower costs and obtain other pharmacy services. The regulation establishing the Medicare-Endorsed Prescription Drug Card Assistance Initiative was published in the Federal Register Sept. 24, 2002. CMS expects Medicare-endorsed discount card programs to begin operating as soon as possible. For more information, call Medicare at (800) 633-4227. The Prescription Drug Card Assistance Initiative is entirely voluntary and does not impact the TRICARE Senior Pharmacy Program.

**TRICARE fraud and abuse suspicion**

No one wants to knowingly contribute to TRICARE fraud or abuse, but can inadvertently do so by failing to report it. If you suspect fraud or abuse you are required to take action. If something does not seem right about your medical bills, there may be a simple explanation, but the following steps can avoid the escalation of problems.

Double-check the billings from your provider of care and explanation of benefits you received from your TRICARE contractor. Be sure that the only services listed are ones you actually received. If you can’t resolve any problems you find by talking to the provider’s billing office, notify the program integrity unit of your regional TRICARE contractor.

If you know, or have evidence of, another individual submitting fraudulent claims to TRICARE, notify your contractor. Although cost share under TRICARE may vary, it’s illegal for a provider to waive those cost shares. Report to your regional TRICARE contractor any provider who waives your cost-share. The best way to determine if this has occurred in your name is to review the explanation of benefits you receive after a claim has been submitted in your name. Specific clues would be services billed for dates indicated on which you did not seek medical care and/or if the amount billed is radically higher than the prevailing charge for similar treatment available elsewhere in your community.

BASE THEATER

**Today:** 7 p.m. “Stealing Harvard” (PG-13)  
**Saturday:** 7 p.m. “Stealing Harvard”  
**Sunday:** 5 p.m. “City By the Sea” (PG-13)  
**Thursday:** 7 p.m. “City By the Sea”

# Tigers sweep Flyers in season opener

The Tyndall Tigers men's varsity basketball team kicked off their 2002-03 Southeastern Military Athletic Conference, SEMAC, season this weekend as they traveled to Columbus, Miss., to challenge the Flyers.

## **Tyndall-76, Columbus-61**

In the opening game, the Tigers jumped out to an early lead behind Israel Figueroa's 11 first-half points to take a 37-23 advantage at the half. In the second half, Tyndall extended its lead by as many as 22 points and used liberal substitutions with 15 minutes remaining in the contest as they took the victory.

Israel Figueroa led the Tigers in scoring with a game-high 22 points, followed by Marcus Baucom with 14, Scott Moore with 12 and Tarrance Garner with 10 points. Moore led in rebounding with 10 boards and Baucom had six assists. Other team leaders included Garner with five steals and Ronald Butler registered four blocked shots. Lyle Vines led Columbus in scoring with 20 points.

## **Tyndall-103, Columbus-51**

In the second contest, the Tigers again jumped out to an early lead and raced to a 44-28 lead at the intermission. In the second half, the roof caved in on the Flyers as the Tigers turned up the pressure on both offense and defense to methodically extend their advantage to more than 50 points despite again substituting freely to take the victory.

Israel Figueroa again led the Tigers in scoring with a game-high 15 points followed by Omar Johnson with 14, Tarrance Garner with 13 and Ronald Butler and Scott Moore with 12 points each. Figueroa also led the Tigers in rebounding with eight, while Omar Johnson paced the team in assists with six. Tarrance Garner anchored the defensive effort with seven steals. John Delion led the Flyers in scoring with 13 points.

The Tigers will tip-off their 2002-03 home opener Saturday and Sunday as they host the Falcons from Moody Air Force Base, Ga., in SEMAC action in a match-up of unbeaten teams. The games are scheduled for 3 p.m. Saturday and noon Sunday.

*(Courtesy Tyndall Tigers)*



**Omar Johnson, Tigers No. 10, releases a three-point attempt during weekend play at Columbus, Miss. The Tigers ousted the Flyers in both games, 76-61 and 103-51.**

*Courtesy photo*

# AMA to Congress: Ban ephedra diet aids

**WASHINGTON** — The American Medical Association testified before Congress on Oct. 8 about the dangers of the dietary supplement ephedra.

"The AMA urges the (Food and Drug Administration) to remove dietary supplements containing ephedra from the market," said AMA Trustee Dr. Ron Davis. "The risk/benefit ratio for these products is unacceptable."

Air Force surgeon general officials have "strongly advised" people to contact their physician or health-care provider before taking dietary supplements containing Ma Huang, ephedra or ephedra alkaloids.

"Consultation is especially necessary if an individual has pre-existing medical problems, is taking other medications or exercises vigorously as part of (his or her) occupation or fitness program," said Royal Air Force Wing Commander (Dr.) Victor Wallace, chief of flight medicine at the Air Force Medical Operations Agency. DoctorWallace is an exchange officer.

Such supplements, which include so-called energy boosters, over-the-counter diet pills and bodybuilding drinks or mixes, may pose health and occupational risks even for those not taking other prescribed drugs, Doctor Wallace said.

In his testimony before the Senate Subcommittee on Oversight of Government Management, Restructuring, and the District of Columbia, Doctor Davis said that the AMA "concurs with the National Institutes of Health guidelines for obesity treatment that say certain prescription drugs may be useful in some obese patients, but diet aids containing ephedra are not recommended for weight loss.

"And because of ephedra's effects on the cardiovascular and central nervous systems, it may cause cardiac arrhythmias, heart attacks, strokes, seizures and sudden death in both previously healthy people, as well as

●SEE DIET PAGE 15

## ●FROM HALLOWEEN PAGE 2

the alert for our young ones that will be criss-crossing neighborhood streets. When selecting a costume, remember, being able to see and taking the proper safety precautions to be seen are some of the most important Halloween safety considerations.

As another safety-related note, I want to thank all the men and women who volunteer their time to participate in Tyndall's Airmen Against Drunk Driving. The program provides military members with a free safe ride home within the local area. The AADD phone line is staffed by volunteers in the grades of airman basic to senior airman, and the service is available to members of all ranks with a valid military ID card, all in an atmosphere of complete anonymity to ease any fears of retribution.

Last week they extended their hours to accommodate the Columbus Day holiday weekend, something they can do for large-scale base unit events that include consumption of alcoholic beverages, as long as they receive plenty of advance notice. The best way to give advance notice is to e-mail the AADD point of contact, Airman 1st Class Carrie Wilks-Campbell, at [carrie.wilks-campbell@tyndall.af.mil](mailto:carrie.wilks-campbell@tyndall.af.mil). Please make a note of this and plan accordingly.

Folks, we received tragic news this past week — the loss of one of our Team Tyndall members, Senior Airman Shenese Bouges, 325th Services Squadron, as the result of a motor vehicle accident. I hope you will keep her family, friends and co-workers in your thoughts and prayers during this distressing time. I'd also like to remind folks that the chaplain's office is always available to assist those who are grieving.

In times like these, I'd like to urge everyone to drive defensively and use the utmost caution on the highways — especially during the holiday weekends, statistically the most dangerous periods of the year.

Bottom line: The loss of one member is way too many. Always wear your seat belt and insist that all your passengers do likewise. Buckling up goes a long way in saving lives in many traffic accident scenarios.

As always, please stay safe, and have a great week.



# Funshine NEWS

October 18, 2002

This page is produced by the 325th Services Marketing office, 283-4565.



**Through December 20**

One new member & one current member per command will win:

**Grand Prize**  
Sony 32TS1 Plasma TV  
Bose Lifestyle 28 Home Ent. System  
Monster Cable M1000i  
Monster Power MPB2100

An additional drawing will be held to award a Tyndall Member a Breitling Watch.

Just pick up an application from your club and sign up now through December 20 to be eligible for the random drawings.

Sponsored in part by: **First USA & Ted's Jewelers**  
No federal endorsement of sponsors intended.

**Have a Birthday Party at Raptor Lanes**

Economy Party - \$22  
Custom Party - \$39  
Deluxe Party - \$59

Birthday child must be 16 years old or younger. Your child will love the Bowland 3-D Animated Graphics. They're awesome!

**283-2380**

**All Ranks at the O Club**

**Super Sunday Brunch!**  
October 27, 10 a.m.-1 p.m.


**\$8.95\*** Champagne Available - add \$3

**Menu Includes:**

■ Carving Station	■ Hash Browns
■ Omelets Station	■ Fresh Fruit
■ Belgian Waffles	■ Muffins
■ Sausage	■ Danish
■ Bacon	■ Biscuits & Gravy

\*Members First! Show your club card to receive a \$1 discount!

**Tyndall Clubs Hosts** **Watch the multi-game action at the CAC Pizza Pub!**



**Win a trip to:**  
49ers vs. Cowboys game  
Super Bowl  
Pro Bowl  
San Francisco to meet 49ers Terrell Owens

The CAC will be open **Sundays, 12-7 p.m.** during football season (Through January 26)

**For more information call 283-3222**

**Sponsored in part by:** American Airlines, Double Tree Alana Hotel Waikiki, Miller Lite, First USA Bank, Destination Arlington TX  
No federal endorsement of sponsors intended.

**GOLF 101**

**Golf Lessons for the Beginner**  
Call for dates and times

**Fee: \$10:** (Includes Cap, Balls, Towel, Booklets)

Each lesson will be a 2 hour session and will include short irons, long irons, woods, chipping/pitching & putting.

**283-4389**



**Community Activities Center**

**Pigskin Picks**

**First Heat: through Oct. 19**

Entries must arrive at the CAC by 5 p.m. Friday preceding the weekend games. (Thursday games do not count.)

Sponsored in part by:  
AAFES, Hodge Barb-Que & The Chefs Shop.  
No federal endorsement of sponsors intended.

Call for more information:  
**283-2495**

**Community Activities Ctr.**

☎ 283-4287

**2002 AF Family & Teen Talent Contest**

Nov. 23. If you sing, dance or have a special talent, we're looking for you. Call 283-2495 for more information.

**Information, Tickets & Travel**

☎ 283-2499

**Leisure Travel - 283-2864**

Leisure Travel has specials for cruises and European trips.

**Maclay Gardens**

Tour to Tallahassee, Florida. November 2. Cost per person is \$10. Depart at 8 a.m. and return at 6 p.m.

By Air Force Directive  
all Services Facilities will  
become non-smoking December 7.

**Youth Center**

☎ 283-4366

**Tennis Anyone?**

Open to ages 6 and up. Program runs Oct. 26 & Nov. 2, 9, 16 & 30 at 10 a.m. Cost is \$30. Call Andy at 283-4366.

**Basketball Registration**

Basketball registration has started and ends Nov. 15th 2002. A valid birth certificate on file or brought in at registration is required, and a current physical with a copy of shot records is required on file or before practice is allowed. Costs are \$25 for 5-8 yr. olds, \$30 for 9-10 yr. olds and \$45 for 11 & 13 under leagues. Call for more info.

**FREE Basic Baseball Instruction**

Sign ups are now being taken. Learn to properly play the game. Free to all 9-14 yr. olds every Sat. at 2 p.m., begins Oct. 12.

**Start Smart Baseball**

Is your 3-5 year old ready to play ball? Sign up for start smart baseball and participate one-on-one with your child learning basic baseball skills. Classes run Nov. 2, 9, 16 & 30 at 9 a.m. Cost is \$30 and space is limited. Call Andy at 283-4366 for info.

**Family Child Care**

☎ 283-2266

**Home Child Care**

The air force requires persons providing child care in their homes to be licensed. Contact the Family Child Care office for more information.

**Spaces Available**

Child care spaces are available in licensed Family Child Care homes.

**Free Child Care for Volunteers**

Child care is available in FCC homes, free, for persons volunteering in many base activities.

**Turkey Trot**

**Thurs., Nov. 21**  
Walk 2:30 p.m. Run 3:30 p.m.  
Call Fitness Ctr. for more information  
**283-2631**

Want to keep up with "What's Happening" at Tyndall? Send us your email and we will add you to our weekly mailing.  
[whats.happening@tyndall.af.mil](mailto:whats.happening@tyndall.af.mil)  
or call us at **283-4565**

Check us out on the world wide web:  
[www.325thservices.com](http://www.325thservices.com)

**Win a Trip to Colorado Springs, Colorado with:**

**AF Football Quest**

No purchase necessary. Enter at these facilities:

Bowling Center	FamCamp
Marina Club	Pizza Pub
Golf Course	Lodging
Library	Fitness Center

This program is made possible in part by sponsorship support from USAA, the 3M Corporation, Dollar Rent A Car, and the Hilton Garden Inn in Colorado Springs.

No federal endorsement of sponsors intended.

**Teen Ctr.**

☎ 283-0295

**Teen Center Make a Difference Project**

Oct. 19, 9 a.m.-2 p.m. We are looking for volunteers to assist in painting the center. If you have artistic ability, give us a call.

**Red Ribbon Week Speaker**

Oct. 24, 6-7 p.m. Speaker: David Taylor with C.A.R.E. speaks on the effects of alcohol and drug abuse. Parents are encouraged to attend. RSVP by Oct. 21.

**Tyndall Youth Center Sixth Annual Fall Festival**

**October 25 6-8 p.m.**  
*Games, food & lots of fun for the entire family!*

**For more info: 283-4366**  
Sponsored by: First Command  
No federal endorsement of sponsor intended.

**Bonita Bay Outdoor Rec.**

☎ 283-3199

**Fall Flea Market**

Oct. 26, 7:30 a.m.-1 p.m., \$7 per space; \$10 space and 1 table; \$12 space and 2 tables; small pavilion \$25; inside large pavilion (electric available) \$20. Reserve your space early! No refunds for cancellations for no shows.

●**FROM DIET PAGE 13**  
in those with risk factors for these conditions,” Doctor Davis said.

“More than 1,000 people have voluntarily submitted Adverse Event Reports associated with ephedra to the FDA,” said Doctor Davis during his testimony. “Some of these describe events that have resulted in death or serious illness in young, presumably healthy, adults. There are many more actual adverse events. One company recently admitted to having received more than 14,000 AERs for ephedra since 1995.

“Obesity is a significant

public health problem,” Doctor Davis said. “Appropriate treatment of obese patients requires a comprehensive approach involving diet and nutrition, regular physical activity and behavioral change, with an emphasis on long-term weight management rather than short-term extreme weight reduction.

“Because dietary supplements are classified as foods under federal law, they are assumed to be safe and are subject to limited regulatory oversight,” he said. “Dietary supplements containing ephedra have significant risks, which may be serious

or fatal to people with pre-existing illnesses, as well as those who were previously healthy. They should be removed from the market.

“The AMA is very concerned about the quality, safety and efficacy of all dietary supplements and urges Congress to require that dietary supplements be regulated the same way prescription and over-the-counter drugs are,” Doctor Davis said.

Today, at least 20 states and the National Football League are among those who have banned or restricted use of ephedra products.

●**FROM TRICARE PAGE 5**

beneficiaries the freedom to choose from any TRICARE network provider. TRICARE Extra providers agree to accept the TRICARE maximum allowable charge (TMAC) for services rendered. Beneficiaries are responsible for a 20 percent cost share after deductibles are met. TRICARE Extra may not be available in all locations.

TRICARE Standard is a fee-for-service option that allows beneficiaries to choose from any TRICARE-authorized provider. Cost shares are five percent higher than TRICARE Extra after deductibles are met. Beneficiaries who use TRICARE Standard may be responsible for additional charges from the provider (up to 15 percent above the TMAC). Some outpatient procedures and certain specialized treatments may require beneficiaries to obtain nonavailability statements from nearby MTFs before using TRICARE Standard.

TRICARE pharmacy benefits also are available. Beneficiaries may have prescriptions filled at MTF pharmacies free of

charge, or for a nominal fee, prescriptions may be filled through the National Mail Order Pharmacy (NMOP) or at civilian network and non-network pharmacies.

Beneficiaries are eligible for comprehensive dental benefits under the TRICARE Retiree Dental Program (TRDP). The TRDP offers diagnostic, preventive, basic and major restorative services, endodontic and periodontic services, prosthodontic services, orthodontics, oral surgery, anesthesia, drugs and post-surgical services, and emergency services. All premiums are paid by the beneficiary and vary depending on the beneficiary’s place of residence.

TRICARE Management Activity will mail information about the demonstration project end date and future health care options to beneficiaries of the FEHBP Demonstration Project. Beneficiaries also may contact the FEHBP Demonstration Project Customer Care Center from 9:00 a.m. to 7:30 p.m. EDT at 1-877-363-3342 (English) or at 1-866-363-3342 (Spanish) or visit the TRICARE Web site at [www.tricare.osd.mil/fehbp/](http://www.tricare.osd.mil/fehbp/) for more information.



ESGR point of contact known as a

●**FROM RESERVE PAGE 7**

Mission One volunteer to provide direct assistance to reservists in the unit. ESGR Mission One volunteers also act as a conduit to state ESGR ombudsmen, who are responsible for understanding the USSERA laws and representing reservists in disputes with employers.

If local efforts fail to resolve a conflict, reservists can contact an ESGR ombudsman directly for assistance by going through the HQ ESGR toll-free number (800) 336-4590.

The headquarters now receives more than twice as many calls as it did before Sept. 11.

“Around 30 to 40 percent of the callers just want infor-

mation,” Colonel Soto said. “The No. 1 question that reservists ask is ‘Will I get the same job back when I go back to work?’ Although the employee isn’t ‘bulletproof,’ the law benefits the reservists and their families. ESGR is here to ensure both the reservist and the employer are familiar with that that law.” (*Courtesy of AFRC News Service*)

